



WHY A SUNFLOWER?

We use a sunflower as the global symbol for Hope, to help shine light on the need for us all to create, maintain, and sustain a hopeful mindset. We plant gardens and fields, create sculptures, have art exhibits, and encourage everyone around the world to do the same.

- Sunflowers grow towards sunlight
- Sunflowers are the most human-like flowers
- Sunflowers are yellow, the color of joy and happiness
- Sunflowers generate a positive reaction in all
- Sunflowers are healthy for the brain



Hopeful Minds
an iFred.org Project

Hopeful Minds is an iFred.org project, designed to teach Hope as a skill to all around the world. As hopelessness is a primary of symptom of anxiety and depression, and predictor of suicide, we believe it is imperative to teach this critical skill to all. Our program is free and available for all. Find out more at

www.hopefulminds.org

OTHER PROJECTS



Artworks for Hope
an iFred.org project



Gardens for Hope
an iFred.org project

iFred's Gardens and Fields for Hope campaign seeks to eliminate the stigma by planting sunflowers and creating sunflower artwork around the world. These sunflowers honor the millions untreated with mental health challenges and encourage all to embrace and support these individuals. Learn more on how you can pledge to plant a sunflower, garden or field at www.ifred.org.



The mission of iFred (International Foundation for Research and Education on Depression) is to shine a positive light on hope and eliminate the stigma of mental health through prevention, research, and education. Our goal is to ensure each and every person around the world knows what it takes to create, maintain, and sustain a hopeful mindset.

www.ifred.org

     | @ifredorg

This program would not be possible without the generous support of:



Sutter Health

Mood-Factory
Engage Your Senses™

The material contained in this brochure is for informational purposes only and is not intended to replace the recommendations of your physician or other mental health professional.

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HOPE is Teachable



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HOPE IS CRITICAL FOR HEALTH AND WELL BEING

Hope is critical to life. Higher hope is associated with better academic performance, less stress, increased productivity, quality leadership, resilience, lower anxiety, better social connection, and less loneliness. Higher hope improves other health outcomes, and can help along any journey.

If we want to feel hopeful, we have to get our brains in a hopeful state. There are many techniques for doing this, all available for free on our site. When we learn to have a hopeful mindset, no matter what we are facing, our brain is able to focus on doing the best we can in every moment.

Often, we get discouraged by the size of the challenge ahead of us. Yet if we can break it down into smaller steps, and focus on taking one step at a time, while doing our best to experience each moment fully present, the journey is more manageable. So we hope that no matter what your own journey or challenge, or the ones others are facing, you learn and teach that hope is possible.

DID YOU KNOW? HIGHER HOPE CORRESPONDS TO:



Greater emotional & psychological well-being



Better physical health



Less Violence



Improved academic performance



Higher quality leadership



More productivity at work



Less stress



Less loneliness



Better social connection



Less anxiety



Less depression



Less addiction



Less likelihood to die by suicide



Enhanced personal relationships



Longer life

"Hope is like the sun, which, as we journey toward it, casts the shadow of our burden behind us."

Samuel Smiles

We have 12 core lessons, free and available to all, along with supplementary projects to help expand on learning. The lessons include information on:

- Defining Hope
- What supports a hopeful state
- Emotional self-regulation techniques
- Mindfulness
- Goals and pathways
- Obstacles, and how to overcome them
- Importance of brain nutrition
- Success as the journey (not a destination)
- Passion and purpose
- Giving hope to others
- Failure as an indication of process, not self
- Ending rumination
- Gratitude
- Creating a network for hope
- Planting hope
- and more.

Our program is free and available to all, and available at www.hopefulminds.org. There is a teacher training program to teach youth ages 7-12, and a program for all ages to introduce the concept. The most effective way to learn hope? By teaching others.



HOPEFUL MINDS TRAINING

IS YOU OR SOMEONE YOU LOVE FEELING HOPELESS? ADDITIONAL SUPPORT.

If you or someone you love is feeling hopeless, there are solutions and resources available. Here are a few suggestions:

• Go through the hope training and train your local community group, school, church, or after school program. The best way to learn hope, is by teaching it. Visit www.hopefulminds.org to learn more.

• Talk to a free, trained active listener at www.7cups.com/hopelisteners, any time of day, worldwide.

• Contact a healthcare provider (i.e., psychologist or therapist) who is trained to evaluate, diagnose, and treat mental health challenges.

• Talk with a family member, friend, religious leader, or other trusted individual with whom you feel comfortable sharing your feelings.

• Work to incorporate healthy habits into your life, such as yoga, walking, meditation, prayer, journaling, art, exercise, and more. Start slowly and be gentle with yourself.

• Become a mentor or find a mentor in the Inspire community at www.ifred.org.

• Ask your human resources department if your company offers the services of an Employee Assistance Program (EAP). An EAP generally offers free and confidential clinical counseling services.

• If you are feeling suicidal or are having thoughts about harming yourself call 911 or 1-800-273-TALK (8255).

• Make sure you are getting plenty of Omega 3's and Vitamin D in your diet. Eat lots of leafy and colorful vegetables and healthy nuts. Stay away from sugars and processed foods.